

BACKGROUND INFORMATION

Various preparations of PRP and hyaluronic acid are used separately or in combination for the treatment and management of arthritis and soft tissue problems (injuries and severe degeneration). Whether either or both injections are likely to help your specific problems requires careful assessment of your clinical signs and symptoms, your medical history, the status of your management plan (if you have one), your imaging assessments, and sometimes blood tests. Dr Duncan is a clinician with extensive experience in musculoskeletal problems and rheumatology, and most specifically osteoarthritis and soft tissue problems. He can assess your musculoskeletal problems and where appropriate make recommendations about injection interventions that might help you. Realistically not everyone can be helped by these injections, and we will be honest with you after any assessments. If you would like more detailed information, you can find this at his website driainduncan.com.au → search for PRP and/or HA therapy or click on one of the tags at the foot of the home page.

At the first visit we will need to review your case to determine whether we can help you and how this would be best done. If the diagnosis is well established or you have a physician or specialist actively managing the problem with you, it may sometimes be possible to provide the procedure only without consultation.

PRIOR TO YOUR VISIT

Pre-consultation Checklist	Tick	Please let us know if	Tick
My referral for consult and ultrasound	<input type="checkbox"/>	You have taken aspirin in the last month	<input type="checkbox"/>
Xray result or know where you had these taken (you need to have an x-ray before you come if you have a joint problem)	<input type="checkbox"/>	You are on any blood thinners	<input type="checkbox"/>
Stop any anti-inflammatory medication more than 3 days before the injection	<input type="checkbox"/>	You are taking anti-inflammatory medication	<input type="checkbox"/>
No cortisone injection into the affected area for 6 weeks	<input type="checkbox"/>	You have a chronic medical condition for which you are taking immunosuppressive or biologic drugs	<input type="checkbox"/>
Stop turmeric 48hrs before the procedure	<input type="checkbox"/>	You cannot tick all in the pre-consultation checklist	<input type="checkbox"/>
Note: <ul style="list-style-type: none"> ○ If you are taking Aspirin, Plavix, Xarelto, Eliquis, or apixaban for cardiovascular conditions, you may need to first consult with your doctor to see whether it is safe to stop them before the procedure ○ You will need a driver with you as resting the site is critical for the first 2 days post injection 			

THE THERAPY

PRP treatment involves the collection of your blood (approximately 10-25 ml) which is then spun down using a centrifuge (using a Regenlab system) to separate out the plasma and platelet portion using the separator gel as a special filter. Depending on the specific separator gel and process selected for your problem we will select the mix of white cells to be included. Sometimes we will use tubes also preloaded with hyaluronic acid (HA). This then injected into the injury or joint. The product injected is either 100% your own blood by-product (autologous) or may contain pharmaceutical grade hyaluronic acid. The hyaluronic acid used in conjunction with PRP is different to the medium or very high molecular weight of hyaluronic acids used as stand-alone injections (if you are having pure HA no blood is taken).

The injection procedure itself is similar to a cortisone injection. Local anaesthetic is used around the area but cannot be injected into the target site if PRP is being injected as it will prevent full platelet activation. Depending on the affected area that is being injected, the pain from the injection itself can vary greatly. Tendon injections are typically the more painful, but joint injections are usually well tolerated.

You will rest the part for at least 10minutes immediately and we advise complete rest for the remainder of the day. You should ask us about how much and how long you need to rest after the first 24hrs.

AFTER THE INJECTION

- You may have a temporary increase in symptoms that can be managed by rest and paracetamol
- Two to three injections at 3–4 week intervals is our standard protocol. The response may only be experienced after the 2nd injection.
- You should rest the part/limb for several days followed by gradually increasing activity.
- We usually recommend a physiotherapist regarding an isometric strengthening and/or stretching program for the affected part starting no sooner than 7 days after the injection.
- Unless cleared with us beforehand you should not undertake in high load or impact activities (training and sports) until 2 weeks after 2nd injection, but low impact activities are fine after 1 week after each injection (bicycle, swimming, etc)

Additional equipment is sometimes needed during the rehabilitation period however, we do not provide these items, which can be obtained via your physiotherapist or pharmacist:

- Crutches Shoulder Sling Elbow brace Wrist Brace Hip Brace
- Knee Brace CAM Boot Walker Knee Scooter Elastic support (medium)

Keep the injection site clean and dry. You can remove the band aid within 12 hours. Prolonged water submersion should be avoided for 3-4 days after the procedure, but it is ok to shower, but do not scrub directly over the injection sit. Try not to ice the area for the first 24 hours. It is ok to use paracetamol or paracetamol/codeine combinations for pain relief. Avoid any prescription or over the counter anti-inflammatory medicines such as Mobic Advil, Ibuprofen, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, or Celebrex for minimum 3 days afterwards. Avoid aspirin for more than 2 weeks after the procedure.

POSSIBLE ADVERSE EFFECTS

You may experience mild to moderate swelling of the treated area; this will last for up to 48hrs. You may notice a tingling or dull discomfort sensation in the first day or two. With therapy that includes hyaluronic acid rarely there is severe inflammation for several days. This may need to be managed with rest, ice and anti-inflammatories. Call us first. As with any injection (very rarely) infection may occur (less than 1:10,000), which may require treatment with antibiotics.



SPECIFIC INSTRUCTIONS (ASK ABOUT THESE)

Shoulder/Elbow: Wear the shoulder sling for _____ days / weeks

Hand / Wrist: Wear wrist splint for _____ weeks

Hip and Knee Joints: Walking only for self-care for _____ days

Foot & Ankle: Wear the CAM Boot for _____ weeks

Medication instructions:

Other:

Follow up/repeat injection in: _____ weeks

If you have any concerns, please call us.

MY OWN NOTES

Procedure Consent

1. I understand that platelet-rich plasma (PRP) and hyaluronic acid injections can have a variable effect and that not everyone will respond in the same way.
 2. I understand that I may notice some improvement after my first treatment, but achieving my desired results may require up to three sessions.
 3. The procedure, possible side effects, and alternative treatment options have been explained to me, including their benefits and drawbacks.
 4. This consent form applies to all PRP injections for the current problem.
 5. I confirm that I have read (or had read to me) this consent document and that I understand the information provided to me about the therapy.
 6. I have had the chance to ask questions about the treatment, including its risks and alternatives, and all my questions have been answered to my satisfaction.
 7. When completing the medical questionnaire, I have provided accurate information about my medical history to the best of my knowledge.
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Name: _____

Signature: _____ Date: _____

We may send you a follow-up email to assess your treatment response or experience, but if you do not wish a follow-up email please tick here.